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It's Open Season on Apples . . .

By Pearl Rock

AN APPLE a day may not always keep the doctor away, or an apple a night may not always make the dentist's bill light, but an apple a day is an easy solution to part of the fruit requirements of the daily diet.

Apples deserve their place as a staple fruit almost the whole year round, for a good quality is obtainable in the market from July to May. The first apple to appear on the market in the summer is the Duchess, which is picked green for pies and sauce. It is very tart and not recommended for eating raw, even when ripe and red striped. A close second is the Transparent, which has a much lighter colored skin, is yellow when ripe, and excellent for eating.

During August and September an old favorite, the Wealthy, is at its best. It was probably so named because of its rich red color. Even the flesh may have a reddish tinge in a very ripe apple. This apple is equally good for cooking or eating raw.

September offers a great variety from which to choose. For the dual purpose apple we may choose Maiden Blush, Wealthy or McIntosh. The large Wolf Rivers are very tart and suited only to cooking.

The Jonathan and Grimes Golden are at the height of their season during October and November, but the Jonathan may often be found on the market until February. It is an excellent all-purpose apple, as it has a rich red skin, a firm texture, a tart flavor, and bakes and cooks well. The Grimes Golden is preferred by many for eating raw, as it is not as tart as the Jonathan.

Other apples in season from October to January are the Pippin, which has a green and red speckled skin, but is fine for eating or cooking; the Winter Banana, a yellow apple with a red cheek; the Northwestern Greening, a yellow apple which is of a very firm texture, and has an especially fine flavor when cooked; and the very popular Delicious. The Delicious becomes mellow when overripe, but any apple to be appreciated must be eaten at the height of its season.

For the season from December to March we may choose Winesap, Baldwin, Northern Spy, York Imperials or Spitzberg, which are all equally good for cooking or eating raw.

The choice of apples for cooking purposes is important. If they are to be pared, the outward appearance of the raw fruit is not of great importance, so a second grade will do very well. For baked apples a bright red variety of good flavor and very firm texture is best. To prevent the apples from getting mushy when cooked, add the sugar when you add the water, or put the apples into the cooked syrup.

No fruit lends itself to serving in more varied ways than the apple. Baked apples are suitable for breakfast, luncheon or dinner, and when attractively served never fail to make an appeal.

Baked apples do not mean a dish always the same, for there are numbers of ways of serving this simple dish. The centers may be filled with cinnamon and sugar, raisins, preserved ginger, brown sugar, crushed pineapple, or just sugar

mixed with a little flour so that the juice will form a sauce to serve with the apples. The apples should be baked in a covered dish until tender. When done, remove the cover, sprinkle the tops with a teaspoonful of sugar and place the apples under the flame of the broiler or at the top of a very hot

oven until the sugar melts and coats the apples with a delicate golden brown.

Apple Crystals are a delicious confection, and may be used to pack in Christmas boxes. To make them, prepare a syrup of two cups of sugar and one cup of water. Stir over a very slow fire until the sugar is dissolved, and then bring to a boil. Have ready one medium sized apple, pared, cored and each quarter cut into three slices. Drop the 12 slices into the boiling syrup and allow them to cook gently until they are all transparent and tender and easily pierced with a straw. Remove them from the kettle, drain and place on a waxed paper or a platter. Allow them to remain for 24 hours, then roll in granulated sugar and roll twice again at intervals of 24 hours. If moisture accumulates on the waxed paper, use new paper. Allow the fruit after the third rolling to remain on a platter until so dry that no moisture comes from it and it has a crystalline appearance. Pack carefully into flat boxes and keep in a dry, cool place until wanted.

This amount of syrup will make about

five dozen crystals. Do not try to cook more than one dozen at one time as they must be carefully watched and removed from the syrup immediately when done. After removing each batch of the crystals, add about one-fourth cup hot water to the syrup, as the syrup must not get too thick.

The crystals need not all be made the same shape and color. Rings may be made by paring, coring and cutting crosswise into slices one-fourth inch thick. To make colored apple crystals add vegetable coloring to the syrup. The crosswise slices may be cut into various fanciful shapes.

Apple Crystals are an excellent substitute for more expensive fruits which are often used for decoration and garnish. Red and green Apple Crystals would be a very appropriate garnish for a Christmas fruit salad.

Let's Not Have Beefsteak

NO, THERE are no new cuts of meat to satisfy that "something-different-for-dinner" look in your eye, but the chances are that you have overlooked some possibilities that already exist. For instance, did you ever think of hearts—aside from Valentine's Day and moonlight nights?

Try serving a baked stuffed heart for dinner some night, to see your family brighten. It is unusual in form and flavor and can be easily prepared in the following way: Wash the heart well, removing all valves and arteries, then soak it for an hour in cold water. Stuff the cavity with your favorite meat dressing, and bake until tender. Long, low moist heat is necessary because the heart muscles are very tough and need to be softened. Season the baked heart well and serve hot.

Kidneys garnished with bacon and served on hot toast make a distinctively flavored and appetizing luncheon dish. To prepare them cut the kidneys in half, trim and soak in cold salted water. Brown them well in hot fat, then add a cup of hot water and seasoning. Cook slowly until tender.

Sweetbreads are the thymus glands of beef, being very tender and delicately flavored. They are especially nice when served creamed. Wash them well and plunge them into boiling water. After allowing them to simmer for 45 minutes the connective tissue can be easily removed. The small pieces of tender meat can then be served with a mushroom cream sauce, breaded or fried in deep fat. Brains may be prepared and served in the same way.

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